The Great American Smokeout 2010

This podcast is presented by the Centers for Disease Control and Prevention, in partnership with the U.S. Food and Drug Administration. CDC – safer, healthier people.

Thursday, November 18 is the annual Great American Smokeout -- a day thousands of American smokers join together and commit to be smoke-free for twenty-four hours.

Each year, 443,000 Americans die from smoking. That's more than all the deaths caused by alcohol, cocaine, and heroin use; HIV/AIDS; homicides; suicides; motor vehicle crashes; and fires combined!

The Great American Smokeout is an opportunity to take the first step to living smoke-free. Visit www.fda.gov/tobacco for resources to help you quit and to learn more about the dangers of tobacco products and the benefits of living smoke-free. There's no such thing as a safe cigarette.

Under the Tobacco Control Act, the FDA now has broad authority over the marketing, advertising, and promotion of tobacco products to better protect the public's health. Visit www.fda.gov/tobacco to learn about regulations designed to reduce the negative health consequences of tobacco use and how to keep tobacco out of the hands of America's youth.

There will be additional podcasts that provide more detail about the new federal tobacco regulations. Subscribe to this series or check back often for updates.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.